CURRENT EVENTS 20 October 2026

Swimmer Himanshu Nandal bags bronze in Asian Para Games

Himanshu Nandal won the bronze medal in the men's 400m freestyle S11 event at the Asian Para Games in Nagoya.

The Asian Para Games is a multi-sport event held after every Asian Games for athletes with physical disabilities.

KEY EXAM POINTS

- Himanshu Nandal secured the bronze medal in the men’s 400m freestyle S11 event at Nagoya on Tuesday.
- He clocked a timing of 5 minutes and 10.91 seconds to finish in third place.
- The 22-year-old athlete hails from Rohtak in Haryana and has been blind since birth.
- He initially competed in national-level judo before transitioning to competitive swimming in 2021.
- Earlier, he finished in fourth place in the men’s 100m backstroke S11 event.

DID YOU KNOW..!?

The Asian Para Games is governed by the **Asian Paralympic Committee**.

India has consistently improved its medal tally in international multi-sport para events over recent years.

The **S11 classification** in Paralympic swimming is designated for athletes with complete or near-complete visual impairment.

Major Dhyan Chand **National Sports Day** is celebrated annually in India on **August 29** to honour sports achievements.

The Rajiv Gandhi Khel Ratna award, officially known as **Major Dhyan Chand Khel Ratna Award**, is India's highest sporting honour.

Arjuna Award was instituted in **1961** by the Government of India for outstanding achievement in sports.

REVISION FLASHCARD

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Syllabus Relevance: Important for TNPSC Unit 2 questions regarding international sports achievements and Indian medalists.

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